

The following protocol is intended as a guide for post-operative knee arthroscopy. This may include but is not limited to medial and/or lateral meniscectomy, chondroplasty, plica resection and synovectomy. This does not represent a fully inclusive list of all interventions that can be used in the rehab process, and the therapist should use their clinical experience/judgment to help guide their patient through their recovery, consulting with the referring physician should questions arise.

**General Goals:**

1. Attain full ROM
2. Restore patellar mobility
3. Reestablish full neuromuscular control/strength
4. Restore balance/proprioception
5. Facilitate return to sport

**Day 1 post-op : First therapy visit**

Medical Care:

- Dressing Change

Exercises:

- Quad sets
- Adductor isometrics
- SLR flexion-if able based on quad control and pain
- Ankle pumps
- Heel slides (strap assist); ROM as tolerated, being careful not to force flexion
- Calf stretching
- Hamstring stretching

Modalities:

- Modalities for pain/inflammation control (cryotherapy/vasopneumatic compression, TENS)

Ambulation:

- WBAT

**Rehabilitation: Day 2 – Week 4**

Goals:

1. Decrease effusion and pain
2. Restore patellar mobility
3. Increase knee ROM as tolerated to normal
4. Increase weight bearing/ambulatory function
5. Facilitate increased muscle tone/control
6. Resolution of edema
7. Normal gait pattern

Medical Care:

- Monitor wound healing

Manual P.T. :

- Knee extension PROM PRN
- Patellar mobilizations

Exercises: (progress as tolerated)

- Heel slides with strap
- SLR X 4(flexion, extension, abduction, adduction). May progress to multi-hip machine as tolerated.
- Calf stretching
- Hamstring stretching
- Quad stretching as ROM and pain allows
- Bike - Progress as tolerated with ROM and resistance
- Early proprioceptive training
  - Weight shifts, single leg stance
    - Rocker, disc, ball toss as tolerated
- Reciprocal pattern up and down stairs
- Progress weight bearing/closed chain exercise:
  - Wall squats 0-60 degrees; progress to 0-90 degrees as tolerated
  - Calf raises
  - Forward step ups, backwards step downs, progress to lateral step downs
  - Leg press 0-90 degrees progress resistance as tolerated
  - Closed chain theraband TKEs
  - Lunges

Modalities:

- Modalities for pain/inflammation control (cryotherapy/vasopneumatic compression, TENS)

Ambulation:

- Emphasize normal gait pattern

### **Rehabilitation: Weeks 5 – 12+**

Goals:

1. Resolution of pain with ADLs
2. Develop strength and power in lower extremities (5/5 MMT)
3. Advance proprioceptive and neuromuscular skills
4. Increase overall conditioning/endurance
5. Progress to sport specific/plyometric training
6. Return to sport

Exercises:

- Progress previously established program
  - Single leg focus
- Challenge pt with progressed balance/proprioception training and incorporate into functional tasks (i.e. BOSU step ups, step downs, squats)
- May begin straight plane jogging when swelling is fully resolved, strength is 5/5, eccentric quadriceps control is good and balance is good.
- Progress agilities/plyometrics
  - Forward/back to lateral motions (shuffle, carioca, hopping)
- Deceleration activities
  - Plant with backpedal
- Cutting progression
  - Gradually increase speed and angle

Return to sport in per physician's orders

- Functional testing
- Full strength/good eccentric quadriceps control
- Full ROM
- (-) Pain
- (-) Effusion